

Name - hois Creighton, School - Jesse Ketchum, Class - V - IX. Age 10-14, lesson P.T. No 5.
 Time allotted. Type of Art. Activity Objective Method of Pres. Desired Outcom

Time allowed.	Type of rec.	Activity	Grade	Explanation	Objectives
30			Grade 10		
5	locomotive	March, run, skip, jump - reverse.	Muscle tone	Explanation	Develop endurance
5	Exercises	Arms bend U-S-T-O alternately, double, 1 leg. Trunk bend S-S-T-B. leg jumping high in front.	Quick response	Demonstration	Body co-ordination
10	Games	Run & Pass Relay, 5 shuttle "	Ability to catch & pass properly	Explanation	Sportsmanship.
10	Folk Dance	Dutch Couples Dorothy - D.S. P. 95 (Review)	Rhythm, correct steps.	Demonstration & Description	International feeling.
30			Grade 11		
5	locomotive	Walk, Skip, Jump Arms B & Stick. U-S-T-O.	Muscle tone	Explanation	Develop endurance
5	Exercises	All. A swing - rt l's. L. swing S-S. with H. click & easy movement	Quick response	"	Body co-ordination
10	Dance	Irish Hill - D.S. P. 161 (Review)	Rhythm & team steps properly	Demonstration	Individuality.
10	Games	Pass ball in circle relay (Review) Bounce & then " " " Avoid roughness & pass correctly.	Avoid roughness & pass correctly.	Explanation	Team spirit.

Folk Dances

The English Country Dance - Cecil J. Sharp

Bugler Camp	-	11
Galopede	-	12
Nancy's Fancy	-	13
The Black Nag	-	14
Gathering Peascods	-	15
Ruffy Tuffy	-	16

Folk Festivals - Mary Effie Shembough

Folk Dances for Boys & Girls -

Crab Dance	-	64
Foot Swinging Dance	-	66
New Bavarian	-	68
Seven Steps	-	70
Straw Turner	-	72
Stupid One Turning Quickly	-	74

Bulgarian

Brenavski Revo	-	116
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Greek

A Greek Circle Dance	-	128
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Moravian

Welcome of Spring	-	80
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Sioux Indian

Dance to the Deer God	-	11
Eagle Dance	-	16
Dog Feast Dancer	-	19
Spirit Dance	-	23

11

Intermediate Grades -

Flap - Dutch	-	44
Hendrickska	-	52

Koratlick (Blacksmith) Silesian	-	42
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Metelytsya (Snow Storm) Ukrainian	-	46
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Reznik (Butcher) Moravian	-	46
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Sword - Sular — 50

Thousand (Acre) - Ukrainer — 54.

Junior High School.

Bean Setting - Eng. — 65

Berg Stock (Mt. stock) - Austrian Tyrol — 59

Chorovod - Ukrainer — 61

Kopak Nolum - " — 71

Frechanski (Buckwheat Cakes) - Ukra — 74

Katenia - Ukrainer — 77

Kolomyka - " — 81

Rocky Rd. & Dublin - Irish - 68.

Dances of The People - Eng: Banchera.

Grade 0

Our Little Girls (Swed.) — 46

Seven Rumps (Dan. & Germ) — 70

7 Pretty Girls (Swed.) — 43

Kustaf's Shoal (") — 48

Bleking (") — 44

Broom Dance (Germ.) — 73

Come, Let us be joyful (Dan) — 71

Go from me (Germ.) — 75

Grandmother's Dance (Swiss) — 77.

Grade Ix.

Net Hopping (Fin.) — 58

Step the Willow (Scot) — 7

The Circle (U.S.A.) — 2

Cested (Dan.) — 59

Ribbon Dance (Eng) — 22

7 Antoli (Swed.) — 39

Fair (Nor) — 50

Reinlendar (Norw.)	—	54
Fairy Reel (Irish)	—	27
3 Men's Polska (Sweed.)	—	40
Hornpipe (Eng.)	—	19
3 Men's Reel	—	64
Edmonds Quadrille	^{Sweed.}	33
4 Dance (Dan.)	—	61
Sword "	(Scot.)	9

Character Dances for School Programs - Hilda Norman

Grade IX

Beauty	—	17
Kate & Duplicate	—	21
Pirates Bold	—	25
Hazy Dan	—	29
Dainty Demoiselles	—	34
Russian 3 Dance	—	42
The Merry Elves	—	48
Maria, man	—	52
Thirty-2 Dutches	—	102
Sweet Peggy	—	115

Creative Activities in P.E. - Alice K. Horrigan

All Grades

Physical Ed - Springfield Public Schools - 1929.

Grade IX

1. Quadrille	—	38
2. Triska	—	39
3. The Tempest	—	42
4. Riga - a gig	—	43
5. Spanish Waltz	—	46
6. Kitka	—	49
7. Toudoir	—	51
8. Hayfoot	—	
9. Waves of Muney	—	59
10. Slovak	—	61

Frolic of Brownies - 63
Skipping Rope -
Medley Clog - 67
The Tambourine - 71
Pavlova Gavotte - 73
Polish Mazurka - 73
Pierrot & Pierrette - 76
Krakowiak - 79
Jockey Dance - 80
If All The World Were Paper - 81
Wooden Shoes - 83
Russian Dance - 84
University High - 86
There Was An Old Man -
School Day Antics -
Tarentella - 89
Kaminskaya - 93
La Cachucha - 94
The Villagers - 95
Invitation Polka -
The Pirates -

Grade IX - "Popular Ballroom Dances": - Parson.

Conservative Fox Trot - 18
The Modern Waltz - 34
Gavrian Tango - 48
Manhattan Gait - 64
Collegiate Shag - 74
Rumba - 80
Big Apple - 88

Games.

Graded lessons in Fundamentals of P.E.
- Baker - Warrock - Christensen.

Grade V

Alt-up Relay -

Animal Relay - 323

Archway - 323

Balance Touch - 323

Beat Ball - 324

Line Keep Away - 325

Cross Tag - 326

Form letters - 327.

Fox & Geese Dodge Ball - 327.

Throw & Catch (Relay) - 341.

Games for the Playground - Home, - School - & Gym.

- Bancroft -

Grade V

Ball Ball - 321

Bliss who - 106

Roley Boley - 399

Stealing sticks - 188

Bag Pile - 353

Colver Spy - 360

Blackboard Relay - 53

Catch the Cone - 62

Cross - cross Goal - 307

Leaf by Leaf - 225

Tip, Tap, Toe - 237

Going to Jerusalem - 18

Scat - 234

Play Activities for Elementary Schools -
Moztly La Falle.

Grade V

Pitching Horse Shoes	-	86.
End Ball	-	88
Grind	-	89
Bases on Ball	-	89
Skip	-	90
Club Snatch	-	91
Chinese Wall	-	92
Run Sheep Run	-	93
Tug of War	-	93
Catch & Pass Tug of War	-	94
Human Boulden	-	94

Physical Training for Elementary Schools -
Clark.

Grade V

Last Man -	240
German Cat Ball -	240
Dumb Bell Tag -	241
Bean Bag Pass -	242
Roast the Bear -	244
Schoolroom Catch Ball -	245

Grade IX

W and Race -	388
End Ball -	389
Every Man in His Own Den -	390
Block on the Rock -	392
Basket Ball Distance Throw -	393.
Mountain Ball -	394.

Name - hois Peighton, School - Jesse Ketchum, Class - 5, Age - 10, Lesson - P. Teaching - No. 9.

Time Allotment	Type of Activity	Activity
30 mins.	Locomotive	Running, Skipping, etc.
5 mins.	Exercise	Arm. stick u - 5 - 7 - 0 alt. dt. in Cannon.
10 mins.	Game	Kn. stick to toe ST.
15 mins.		Dodge Ball - Nelson & Van Hagen.
	Grade IX	
30 mins	Exercise	Easy A. swing and fold & fold stick - 1ln. ed. stick.
5 mins.		Ht. squat - fm
10 mins	Dance	Shd. st. T. twist w A swing.
15 mins	Game	1 swing S-S - ten lift.
		Irish Lilt - finish.
		Quoit Relay.

Will you try to select some very different activities for next time - not or common ones

J. A. S.

Name - Lois Creighton, School - Jesse Ketchum, Class - 6, Age - 10, Lesson - Practice Teaching, No. 8.

Time Allotment	Type of Activity.	Activity
30 mins.	A. bend & stick, U-5-7-0. alt. & db. T. bend S-S-7-U. Kn. bend & stick to tol. 51.	← Exercise.
15 mins.	Games.	→ Sodge Ball - Nileon & Van Hagen P. 141.
15 mins.	Grade CK.	
30 mins.	Exercise.	Eacy A swing. with fold & fwd. stick - Kn. bend & stick. T. bend S-S-7-U.
10 mins.		L. swing S-S - w. h. thick, kn. lift in front.
10 mins.	Dance	Irish Lilt - 5 th step. Dorothy La Salle - P. 161.
10 mins.	Games	Quoit Relay.

1. Don't apply without permission
2. ... talk about chance -
3. ... tell friends & refusal - tell school.
4. ... rejoice alone if get position.
5. If we apply immediately if possible. Let school know.
6. Acknowledge all letters promptly.
7. Send back programs, etc.

Interviews.

Personal appearance. Common sense of make-up.

Posture.

Attitude towards work. Interest & enthusiasm.

Answer and ask questions.

Knowledge of work.

Letters.

Good appearance of letter.

Good plain paper. (Sand & Tops)

"Yours Very Truly" - "Yours sincerely (if known)

Interesting. Coherent. Ed- Exp. Come right to the point in 1st paragraph. General info - home, church. End with references.

Sample letter -